



SECTION ONE Standard House Diets

Diet manual

Soft Diets

Soft Diet

General Description

This diet provides whole foods which are soft in texture and moderately low in fiber. Traditionally, highly seasoned, fried and rich foods are avoided. The soft diet is usually a transitional diet and not used for prolonged periods of time.

Indications for Use

This diet may be used for postoperative patients and for those recovering from debilitating diseases or for patients receiving treatments who are unable to consume a regular diet.

Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet is nutritionally adequate with the same exceptions as for the regular diet.

Guidelines

Food Groups	Foods Allowed	Foods Not Allowed
Dairy	Whole milk, evaporated milk, powdered milk, skim milk, butter-milk, milkshakes, chocolate milk, yogurt. Mildly flavored cheese, cream cheese, cottage cheese.	Yogurt containing seeds.
Meat or Substitute	Broiled, baked, roasted, or stewed tender beef, veal, pork, poultry, fish, oysters, clams, lobster, shrimp, liver, and other organ meats. Smoked ham, bacon, smooth peanut butter, canned tuna.	All highly seasoned or fried meats, poultry, or fish. Corned beef, bologna, sausage, hot dogs, lunch meats, and other processed meat and fish. Chunky peanut butter. Dried beans.
Eggs	All	Fried egg or any prepared with ingredients not well tolerated.

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Potato or Substitute	Mashed, boiled, creamed, or baked white (with skin) or sweet potato, rice, spaghetti, grits, noodles, macaroni.	Fried potatoes, potato chips.
Vegetables	Cooked beets, carrots, eggplant, peas, greens, wax or green beans, mushrooms, okra, pumpkin, spinach, squash, tomatoes. Vegetable juices, tomato juice.	All others
Fruits & Fruit Juices	All fruit juices; canned apple-sauce, apricots, cherries, fruit cocktail, peaches, pears, purple plums, orange and grapefruit sections. Ripe bananas, melons, avocado.	All others
Bread & Cereals	White bread, rye bread without seeds, refined whole wheat bread, saltines, plain rolls, pancakes, waffles, graham crackers, hot breads such as biscuits, cornbread, and muffins. All cooked and dry cereals, except whole grain and bran.	Whole grain breads, bread with nuts, raisins, and any fruits or spices not allowed. Whole grain and bran cereals.
Fats	Margarine, butter, cooking fats and oils, mayonnaise, sour cream, meat drippings, gravies, salad dressing, cream.	Nuts, olives.
Beverages	All	None
Soup	Any made with allowed meats and vegetables.	Those made with foods not allowed.
Desserts/Sweets	Cake, cookies, pies, pudding, gelatin, custards, sugar, honey, hard candy, syrup, jelly.	Any containing nuts, seeds, raisins, or any fruits or spices not allowed.
Miscellaneous	Salt, pepper, and small amounts of other seasonings as tolerated.	Mustard, pickles, horseradish. Barbeque, chili, or steak sauce.

Soft Diet**Suggested Meal Plan**

Breakfast	Lunch	Dinner
Fruit or Juice	Meat or Substitute	Meat or Substitute
Cereal	Potato or Substitute	Potato or Substitute
Egg or Substitute	Vegetable	Vegetable
Toast	Fruit	Dessert
Margarine	Dessert	Bread
2% Milk	Bread	Margarine
Beverage	Margarine	2% Milk
	Beverage	Beverage